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## CLATMS

What is claimed is:

pultrusion method of producing a composite 1. structural sandwich member having a rigid structural element embedded therein, the method comprising the steps of:

providing at least one structural element comprising a rigid, pre-rigidized, or rigidizable element;

aligning a plurality of core elements in a process direction with the structural element disposed between opposed faces of at least two adjacent core elements;

feeding upper and lower fiber face skins onto outwardly facing surfaces of the aligned plurality of core elements to form a sandwich arrangement; and

pulling the sandwich arrangement through pultrusion process comprising:

wetting out the sandwich arrangement resin, and

introducing the sandwich arrangement into a heated pultrusion die to cure the resin.

- The pultrusion method of claim 1, wherein in the 2. step of providing the structural element, the structural element is formed from a fabric, and in the wetting out step, resin is further impregnated into the structural element.
- The pultrusion method of claim 1, wherein in the 3. 30 step of providing the structural element, the structural element comprises a pre-pultruded element.

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- 4. The pultrusion method of claim 1, wherein in the step of providing the structural element, the structural element comprises a pre-impregnated fiber-reinforced element.
- 5. The pultrusion method of claim 1, wherein in the step of providing the structural element, the structural element is channel-shaped, I-shaped, H-shaped, T-shaped, Z-shaped, C-shaped, or box-shaped in cross-section.
- 6. The pultrusion method of claim 1, wherein in the step of providing the structural element, the structural element is hollow in cross-section.
- 7. The pultrusion method of claim 1, wherein the structural element comprises a fabric material, and in the aligning step, the fabric material is wrapped over a portion of at least one core element.
- 8. The pultrusion method of claim 1, wherein the structural element is disposed between the adjacent core elements in a plane perpendicular to the direction of travel in the pultrusion process.
- 9. The pultrusion method of claim 1, wherein the structural element is disposed horizontally between the adjacent core elements in a plane parallel to the direction of travel in the pultrusion process.

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10. The pultrusion method of claim 1, wherein the structural element is disposed vertically between the adjacent core elements in a plane parallel to the direction of travel in the pultrusion process.

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11. The pultrusion method of claim 1, wherein the structural element is disposed in a predetermined location to provide a hard point within the sandwich arrangement.

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12. The pultrusion method of claim 1, wherein the structural element is disposed between opposed faces of a plurality of adjacent core elements.

13. The pultrusion method of claim 1, further comprising disposing a plurality of structural elements between opposed faces of a corresponding plurality of adjacent core elements:

- 20 The pultrusion method of claim 1, wherein the pultrusion process further comprises heating the sandwich arrangement downstream of the pultrusion die to further cure the resin.
- 2.5 15. The pultrusion method of claim 1, wherein in the wetting out step, resin is impregnated into the upper and lower fiber face skins.
- The pultrusion method of claim 1, wherein in the 3.0 aligning step, the core elements comprise a homogeneous material.

17. The pultrusion method of claim 1, wherein in the aligning step, the core elements are formed from a foam material or a balsa material.

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18. The pultrusion method of claim 1, wherein in the aligning step, the core elements are formed of a closed cell or honeycomb material.

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19. A method for embedding a composite, fiberreinforced, resin-matrix structural element into a composite structural member in a pultrusion process, comprising:

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providing a plurality of core elements, at least one of the core elements comprising a homogeneous material having reinforcing stitching through a thickness of the at least one core element;

aligning the plurality of core elements in a process

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direction;

feeding upper and lower fiber face skins onto outwardly facing surfaces of the aligned plurality of

core elements to form a sandwich arrangement; and  $\hbox{pulling} \quad \hbox{the sandwich arrangement} \quad \hbox{through} \quad \hbox{a}$ 

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wetting out the upper and lower fiber face skins and the reinforcing stitching with resin, and introducing the sandwich arrangement into a

heated pultrusion die to cure the resin.

pultrusion process comprising:

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- 5 21. The method of claim 19, wherein in the providing step, the reinforcing stitching extends perpendicularly through the thickness of the at least core element.
  - 22. A method for embedding a composite, fiber-reinforced, resin-matrix structural element into a composite structural member in a pultrusion process, comprising:

arranging a plurality of pultruded rods into a bundle;

feeding a plurality of layers of a fiber reinforcing material over the pultruded rods;

forming the layers into a form of the composite structural member, the form having a least one bend in a portion of the layers, with the bundle of pultruded rods embedded within the layers at the bend; and

pulling the structural member through a pultrusion process comprising:

wetting out the plurality of layers with resin, and

introducing the structural member into a heated pultrusion die to cure the resin.

23. A composite structural member form by the method of claim 22.

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